

10 REASONS TO STUDY  
AT RMIT UNIVERSITY  
EXERCISE AND SPORT SCIENCE  
PHYSICAL EDUCATION



# THE SCIENCE BEHIND EXERCISE AND SPORT

**01** RMIT offers two specialist degrees in the exercise sciences arena: *Bachelor of Applied Science (Physical Education)* and *Bachelor of Applied Science (Exercise and Sport Science)*.

**02** The exercise and sport science degree offers theoretical knowledge and practical skills in the areas of sport science and elite sport performance, performance analysis, exercise and health, physical activity, exercise metabolism from elite sport to diseases such as diabetes, injury prevention and rehabilitation, biomechanics, motor learning, skill acquisition, and exercise prescription for a range of health conditions.

**03** The physical education degree prepares you for a career as a specialist physical education teacher, where your responsibilities may include coaching, health and fitness promotion, and sport education for school and community based groups. You will also study a second teaching subject that will enable you to offer additional teaching expertise to prospective school employers.

**04** Work experience is an integral part of the education process for both exercise and sport science (supervised industry experience) and physical education (80+ days of teaching experience required for registration with the Victorian Institute of Teaching).

**05** You will have the opportunity to participate in and assist with research into key sport, health and physical education issues.

**06** Study in up-to-date learning and teaching facilities, including the Bundoora Netball and Sports Centre, as well as new cutting-edge FIFA-approved synthetic playing fields.

**07** Well-established links with industry, including the Victorian and Australian Institutes of Sport, exercise research organisations, major rehabilitation centres, public and private schools, community groups, plus more.

**08** Both degrees offer exceptional educational development opportunities for aspiring athletes to further their professional sporting ambitions.

**09** Notable graduates of exercise sciences degrees at RMIT include: Ben Buckley (CEO, Football Federation Australia), Lydia Lassila (Winter Olympics Gold Medallist), Adam Basil (Commonwealth and Olympic Games athlete and Head of Strength and Conditioning, Melbourne Victory FC).

**10** Students with an interest in research have the opportunity to progress to programs including honours, master and PhD by research.

BP041  
**Bachelor of Applied Science  
(Physical Education)**

Four years  
CRICOS code: 012346G

BP296  
**Bachelor of Applied Science  
(Exercise and Sport Science)**

Three years  
CRICOS code: TBA

RMIT CRICOS provider code: 00122A

**Further information**

Tel. +61 3 9925 7075

Email: [medicalsciences@rmit.edu.au](mailto:medicalsciences@rmit.edu.au)

[www.rmit.edu.au/medicalsciences](http://www.rmit.edu.au/medicalsciences)

**RMIT Open Day**  
Sunday 12 August 2012